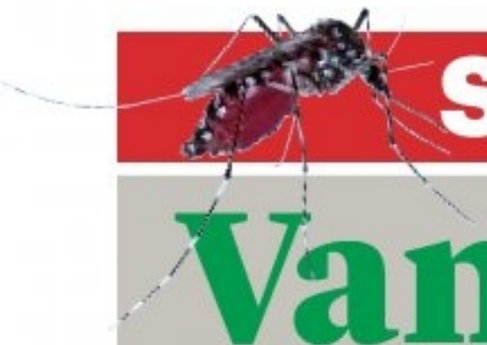

Seven in B.C. test positive for Zika | metro NEWS

Vancouver metro

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TOKE'N PROTEST

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metro NEWS

Your essential daily news

Canadians spend $166 a month on gifts. **Business**

Rescued sea turtle heads home

AQUARIUM

Sub-tropical reptile saved from frigid B.C. waters

Thandi Fletcher
Metro | Vancouver

When Comber the green sea turtle, who was rescued from British Columbia's frigid ocean this winter, arrives in San Diego later this week, he will be one well-travelled reptile.

The turtle, which was found in poor condition on a remote beach on the west coast of Vancouver Island in January, is travelling to the U.S. border on Wednesday, where he will be picked up by the U.S. Fish and Wildlife Service before spending the night at the Seattle Aquarium.

On Thursday, the sea turtle will board a U.S. Coast Guard C-130 Hercules for a flight to California, where he will finish his rehabilitation at SeaWorld San Diego before he is released into local waters.

'This is going to be a turtle that's doing some really cool travelling," Vancouver Aquarium head veterinarian Dr. Martin Haulena said with a laugh. "He's not really a Canadian turtle, but we're calling him the Canadian turtle. I feel like he deserves some kind of citizenship anyway. He is just the coolest sea turtle ever."

> I feel like he deserves some kind of citizenship anyway.
> Head veterinarian Dr. Martin Haulena

When Comber was found in January, Haulena said the 35-kilogram turtle was suffering from hypothermia so severe that it was difficult to tell if the animal was alive.

"He was cold stunned," he said. "That's the syndrome sea turtles get when they move from their normal, very tropical-like climate to very cold waters."

Comber, who staff estimate is between 12 and 20 years old, will be released with a number of other rescue sea turtles off the coast of California, likely in September, once water temperatures are warm enough.

Comber the rehabilitated green sea turtle swims in a tank at the Vancouver aquarium in Vancouver, Tuesday, April, 19, 2016. Comber was found on a remote beach on Vancouver Island in January and has been recovering from hypothermia at the aquarium ever since. JONATHAN HAYWARD/THE CANADIAN PRESS

SHELL SHOCK

Dr. Martin Haulena says the endangered, sub-tropical turtle was in a comatose state when he was brought to the Vancouver Aquarium's Marine Mammal Rescue Centre.

The turtle had been cold stunned by the freezing water.

Veterinary staff slowly warmed him while using an ultrasound to keep track of his heartbeats.

Haulena said he responded to treatment quickly and is now ready to begin a long journey back to the wild.

While Comber isn't the first sea turtle to be rehabilitated at the Marine Mammal Rescue Centre, Haulena said the reptile has earned a special place in the hearts of aquarium staff.

"He just has the sweetest face," he said. "You shouldn't project human feelings into animals ... but it totally looks like he's having fun with us and ... is grateful for getting a second chance."

12-20

Staff at the Vancouver Aquarium estimate that **Comer is between 12 and 20 years old.**

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Two pregnant B.C. women test positive for Zika virus

DISEASE

It's unlikely for Zika to become an epidemic in Canada: Expert

Thandi Fletcher
Metro | Vancouver

British Columbia health officials say two pregnant women are among seven people in this province who recently tested positive for the Zika virus, which has been linked to birth defects.

Dr. Bonnie Henry, deputy provincial health officer, could not comment on the condition of the pregnant women for privacy reasons, except to say they are being closely monitored.

"We're watching them carefully," Henry told Metro. "It's quite distressing, of course, because we just don't have all the answers yet about the Zika virus and about what might happen."

Last week, U.S. health officials confirmed there is no longer any doubt the Zika virus, which is transmitted by the Aedes mosquito, causes microcephaly, a condition in which a baby's head is far smaller than normal, along with other severe brain defects.

Since testing for Zika started last November in B.C., 635 people have been tested for the virus, according to the B.C. Centre for Disease Control. The seven lab-confirmed positive cases involve people who recently travelled to Zika-infected countries, including El Salvador, Colombia, Haiti and St. Lucia.

The virus isn't carried by mosquitoes in B.C., said Henry.

Dr. Julie van Schalkwyk, head of obstetrics and gynecology at B.C. Women's Hospital who is a specialist for pregnant women with infectious diseases, said neither of the two infected women has shown any signs of complications due to the virus.

Mother Daniele Santos feeds her baby Juan Pedro, two months old, in their living room on February 3, 2016 in Recife, Pernambuco state, Brazil. In the last four months, authorities have recorded thousands of cases in Brazil in which the mosquito-borne Zika virus may have led to microcephaly in infants. MARIO TAMA/GETTY IMAGES

She said the situation is frustrating for physicians, who are unable to provide patients with much information about the virus, as the long-term effects are not fully understood.

"It's very, very difficult," she said. "There is a lot of fear for those who are aware of the risks, and I think the fear is worsened with an inability of care providers to provide a rapid and accurate diagnosis and prognosis."

Despite reports Zika can be sexually transmitted, Dr. David Patrick, epidemiologist for the BCCDC, said there is little chance of the virus becoming an epidemic in Canada.

"This is a big issue for the Brazilian Ministry of Health and the Colombian Ministry of Health, but on the scale of things for Canadians, we're a side show," he said.

> **There is a lot of fear for those who are aware of the risks.**
> Dr. Julie van Schalkwyk, B.C. Women's Hospital

635

635 people have been tested for the virus in the province, according to the B.C. Centre for Disease Control. There have been seven lab-confirmed positive cases.

ZIKA ADVICE FOR EVERYONE

Health officials are recommending pregnant women, or women planning to get pregnant, avoid travel to Zika-infected countries including El Salvador, Colombia, Haiti and St. Lucia.

Officials are also recommending men who have travelled to these areas avoid having unprotected sex for six months, as the virus can be excreted in semen for up to two or three months after infection.

CORONER

Post went up ten days after killings

A British Columbia man who police believe confessed to killing his family in a Facebook post shot them 10 days before taking his own life, say new reports.

The B.C. coroners service released four reports Tuesday that provide a timeline of events surrounding the 2015 deaths, which culminated in a fierce house fire in Chilliwack.

Police say Randy Janzen, 50, confessed to the killings in a Facebook post on May 7, 2015, that said he could no longer bear to see his teenage daughter suffer from severe migraines and that his wife and sister should not have to live with the shame he has caused.

Emily Janzen
FACEBOOK.COM

The coroner's reports used post-mortem findings and circumstantial evidence from Janzen's social-media message to conclude that he killed his daughter Emily Janzen, 19, and wife Laurel Janzen, 56, on April 28 of last year.

"These migraines were cited by her father as a potential source of significant psychosocial stress for both Ms. Janzen and her father."

Janzen wrote on Facebook about the daily pain and depression Emily suffered as a result of her relentless headaches.

"Her migraines have escalated to excruciating again and I just could not see my little girl hurt for one more second," the post read.

THE CANADIAN PRESS

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B.C. is the only province that doesn't ban corporate, union and large donations in provincial elections. Vancouver councillors want such bans for local elections. EMILY JACKSON/METRO

Mayor backs call for referendum

CAMPAIGN FINANCE

Councillors say municipalities should set their own rules

Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson's party may have received millions of dollars in donations from developers, unions and corporations in the last local election, but even he wants the power to put an end to the skyrocketing municipal election campaign donations.

Robertson announced Tuesday he will support fellow Vision Vancouver Coun. Andrea Reimer's motion calling on the provincial government to hold a referendum to let voters decide whether to let municipalities set their own campaign finance rules.

As it stands, B.C. local elections have no bans on corporate or union donations and no limits on donations from individuals. The City of Vancouver — where campaign spending hit a record $5.6 million in 2014 — has been trying to get these rules in place for more than a decade, but the province governs elections and has not allowed it to do so.

Reimer wants to see a question on the ballot in the province's 2017 general election asking voters whether they want to let cities set their own rules to end to big money in campaigns. Reimer believes massive donations lead to the perception that wealthy donors influence politicians.

The province passed legislation this month to update election spending rules, but Reimer said the updates make things even worse. She's pushing for a referendum because the city is frustrated and doesn't have many other options.

But the province — the only one in Canada that does not have a ban on corporate and union donations, which are also banned from federal elections — does not have any plans to hold a referendum, according to a statement attributed to Minister of Community, Sport and Cultural Development Peter Fassbender.

"We do not anticipate any further changes to campaign finance rules or a referendum at this time," Fassbender said Tuesday in response to Vancouver's suggestion.

$5.6 million

The amount of money political parties spent on the 2014 municipal election, the most expensive in Vancouver's history. Vision Vancouver spent $3.4 million while the Non-Partisan Association spent just over $2 million.

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New site, new battles for 4/20 protesters

MARIJUANA

Jodie Emery says the fight to legalize weed is heating up

Matt Kieltyka
Metro | Vancouver

Pot advocates in Vancouver have renewed fire in their bellies as the annual 4/20 protest moves to a new site Tuesday amid battles with the city and federal government.

Prime Minister Justin Trudeau's lack of progress on promised legalization and the City of Vancouver's aggressive regulatory crackdown on marijuana dispensaries (up to 100 businesses could face closure as of next week) means there's plenty to protest about at Sunset Beach, according to organizer Jodie Emery.

"The Liberal government hasn't kept its promise of legalization. It has failed Canadians by continuing to arrest people for pot possession. I'm disappointed," said Emery, who attempted to run for the Liberals in the last federal election.

Coupled with what she calls the city's new "unfair" and "unnecessary" regulatory regime of dispensaries (currently just 12 of more than 100 dispensaries have successful navigated the licensing process that dictates where the businesses are allowed to set up shop), Emery says marijuana supporters "need to protest more than ever."

"It's similar to what happened when Obama got elected in the U.S. Because the new government was seen as liberal and progressive, protesters kind of stopped even though things were getting worse," said Emery. "We have to be careful about the Liberal government."

Crowds at the 4/20 protest at the Vancouver Art Gallery in 2014. This year's protest will be at Sunset Beach, a new site for the event. MATT DESOUZA/METRO FILE

> **The Liberal government hasn't kept its promise of legalization.**
> Jodie Emery

But not all Canadians may be of the same opinion.

A new Angus Reid Institute poll released Tuesday shows that while 68 per cent of Canadians support some sort of marijuana legalization, more than half (54 per cent) see it as one of the least important issues facing the country.

"That's the part that sticks out to me," said Angus Reid Institute executive director Shachi Kurl, who noted Trudeau began his campaign in Vancouver with the promise to legalize pot.

"It's way down on the list of things to do. It's not the issue for the general public that it was 10, 20 or even five years ago. I think the debate has moved on from not if we should (legalize) but how we should."

Emery said she wishes the government would get on with it.

The outspoken advocate, who is married to "Prince of Pot" Marc Emery, doesn't know how big of a crowd this year's event, at Sunset Beach for the first time, will draw.

Last year's final protest outside the Vancouver Art Gallery drew 50,000 people but was publicly opposed by the City of Vancouver, which believed it had outgrown the location, caused considerable downtown congestion and should've gone through the same permitting process as other large-scale public events.

While the city still considers 4/20 an unsanctioned and unlicensed event, city manager Sadhu Johnston has said the new location at Sunset Beach "will require fewer city resources" and be safer. The Vancouver park board remains staunchly opposed, according to chair Sarah Kirby-Yung.

It has had to close the park's aquatics centre during the event and increase staffing of rangers and lifeguards to ensure public safety.

"It's not an ideal location for it," she told Metro on Monday. "Certainly, park board commissioners don't want to see this as an ongoing event."

POLICE

Brothers wanted

Patrick Shunn and Monique Patenaude, who reports say is a former British Columbia resident, were reported missing a week ago.

Detectives found a car in Phoenix that had been driven by John Blaine Reed and his brother, Tony Clyde Reed, and said the suspects took another car with an Arizona plate. A licence plate reader captured that plate near Calexico, Calif., on Monday, authorities said.

The brothers are wanted in the disappearance of John Reed's former neighbours, Shunn and Patenaude, a married couple who were reported missing April 12.

Investigators say they found evidence the couple were killed, and teams were searching for their bodies in a wooded area around their home near Oso, about 80 kilometres northeast of Seattle.

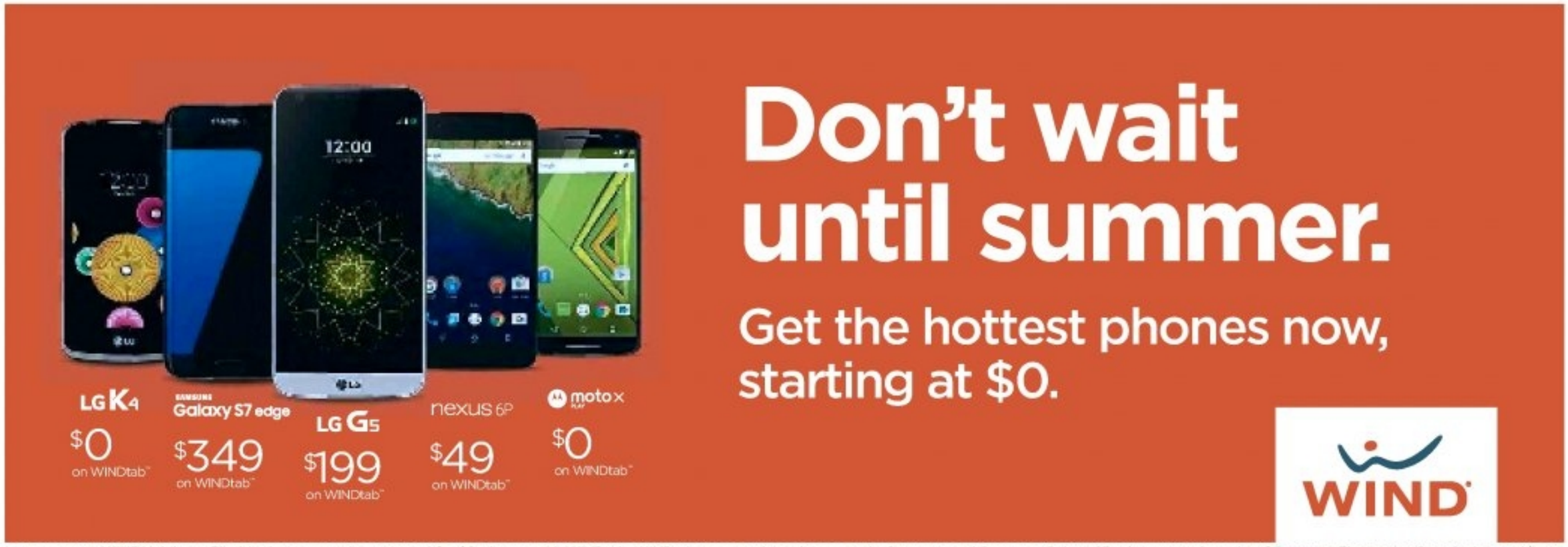
"The exact location of the Reed brothers is unknown, but there is reason to believe they may be trying to flee to Mexico," the Snohomish County Sheriff's Office in Washington said in an email Tuesday.

It described them as convicted felons who should be considered armed and dangerous.

Canadian media outlets have reported that Patenaude used to live in the Vancouver area based on interviews with a friend.

Snohomish County Sheriff's Office spokeswoman Shari Ireton said Patenaude's family is working with detectives in Washington but they did not wish to speak with media.

THE ASSOCIATED PRESS



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Struggles just beginning: PM

MENTAL HEALTH

Scope of issue only beginning to be realized, Trudeau warns

> I wouldn't be my mother's son if I wasn't a strong advocate for mental-health. Justin Trudeau

Canada has yet to feel the full effects of mental-health issues gripping people across the country, Prime Minister Justin Trudeau said Tuesday as he pledged support to lower levels of government in combating the problem.

"Whether we're talking about its impact on young people, its impact on workplaces around the country, whether its impact on servicemen and women, we are only beginning to realize the scale, the scope of the problem," Trudeau said as he met members of the Canadian Teachers Federation.

The prime minister said his government would work with the provinces and territories to build the ranks of the counsellors, psychiatrists and psychologists who work with people facing mental-health struggles.

"I wouldn't be my mother's son if I wasn't a strong advocate for mental-health and de-stigmatization of mental health," Trudeau said as he marked his six-month anniversary since being elected to power.

His mother, Margaret, underwent decades of treatment for bipolar disorder, recounting her personal struggles in her book, Changing My Mind.

The prime minister acknowledged there is no easy solution to mental-health problems, particularly in indigenous communities.

But he suggested the recent spate of suicides and attempted suicides by First Nations young people is linked to what he described as generational neglect of indigenous issues by successive past governments.

"We know the challenges are massive," Trudeau said about correcting the disconnect between federal governments and First Nations. But there are solutions out there, he said.

"In indigenous communities where there has been the support and an ability to do language and cultural teaching to an extremely high level, suicide rates have plummeted," said Trudeau.

Indigenous Affairs Minister Carolyn Bennett on Monday visited Attawapiskat, the remote northern Ontario community that declared a state of emergency last week over a youth suicide crisis. THE CANADIAN PRESS

A girl visits a relative's grave in the northern Ontario First Nations reserve in Attawapiskat, Ont., on Tuesday. THE CANADIAN PRESS

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ALBERTA

Calgary has hottest day in 106 years

Brodie Thomas
Metro | Calgary

A 106-year-old Calgary weather record was toppled on Tuesday afternoon as Calgarians fired up their air conditioners and barbecues with an early dose of summer temperatures.

Environment Canada recorded the high Tuesday at 26.9 C around 5 p.m. That topped the previous record set in 1910 by 0.2 degrees.

By 10 a.m. it was over 20 C in parts of Calgary — the normal high for this time of year is 13 C.

Residents flocked outside early in the day to get some sunshine before it got — dare we say it — too hot.

Kelly Kaprowski was leading a fitness class for moms with tots at the city's Glengarry Park. As moms did their workouts, many happy babies lolled on blankets in the warm sun.

Just to put things in perspective, it is still April in Canada. It could just as easily been -20 C as it was in 1927, or there could still have been 20 centimetres of snow on the ground, as there was in 1955.

Kaprowski said she had toyed with the idea of starting outdoor classes back in March, given the region's great spring this year.

"I'm from Calgary so I knew that probably wasn't the smartest decision," she said.

Elsa, left and Amelia Acuna soak up summer rays as the temps hit a record high in Calgary on Tuesday. HELEN PIKE/METRO

THE CANADIAN PRESS FILE

CHATEAUGUAY

Homolka sightings stir town

Reports that convicted killer Karla Homolka has resurfaced southwest of Montreal are creating a buzz in the town of Chateauguay.

Homolka is living in the community and some of her three children are attending a local school, City News and Global both said Tuesday.

Neither the school board nor local police confirmed the reports, citing privacy laws, although the principal at Centennial Park Elementary School sent home a letter reassuring parents their children are safe.

In the early 1990s, Homolka and her then-husband, Paul Bernardo, were convicted of crimes related to the rape and murder of two schoolgirls. THE CANADIAN PRESS

These images show child inmates lined up for morning assembly and more children being unloaded from a truck at the Brothers Home in Busan, South Korea. YONHAP VIA THE ASSOCIATED PRESS

Coverup of mass abuse of 'vagrants'

SOUTH KOREA

Kids, disabled and homeless forcibly detained in '70s and '80s

Three decades ago, a policeman tortured Choi Seung-woo over a piece of bread he found in the boy's schoolbag.

After being stripped and having a cigarette lighter repeatedly sparked near his genitals, the 14-year-old falsely confessed to stealing the bread. Two men with clubs came and dragged him off to the Brothers Home, a mountainside institution where some of the worst human-rights atrocities in modern South Korean history took place.

Even now, Choi weeps as he speaks of what happened there.

A guard in Choi's dormitory raped him that night in 1982, and the next, and the next. So began five hellish years of slave labour and near-daily assaults.

Choi was one of thousands — the homeless, the drunk, the unlucky, but mostly children and the disabled — who were forced into facilities for so-called vagrants in the 1970s and '80s. The roundup came as the ruling dictators prepared to bid for and host the 1988 Seoul Olympics, which they saw as international validation of South Korea's arrival as a modern country. So they ordered police and local officials to "purify" the streets.

Today, nobody has been held accountable for the hundreds of deaths, rapes and beatings on the grounds of Brothers, the largest of dozens of facilities for those considered undesirable, according to an Associated Press investigation. The AP found that abuse at Brothers, previously almost unknown, was much more vicious and widespread than had been realized.

Secrecy around Brothers persists because of a coverup at the highest levels. Two early attempts to investigate were suppressed by senior officials who went on to thrive in high-profile jobs; one remains a senior adviser to the current ruling party. The few former inmates speaking out want a new investigation. The government is blocking an opposition lawmaker's push to revisit the case, contending that the evidence is too old.

The official silence means that even as South Korea prepares for its second Olympics, in 2018, thousands of traumatized former inmates have still received no compensation, let alone public recognition or an apology.

Police officers, assisted by shop owners, rounded up children, panhandlers, small-time street merchants, the disabled and dissidents. They ended up as prisoners at 36 nationwide facilities and numbered 16,000 by 1986, according to government documents. THE ASSOCIATED PRESS

LABOUR

Nearly 4,000 people were at Brothers Home. Once an orphanage, Brothers at its peak had more than 20 factories behind its well-guarded walls in the southern port city of Busan, churning out goods made by inmates.

U.S. ELECTION

Trump, Clinton win in N.Y.

Front-runners Donald Trump and Hillary Clinton swept to victory with ease in Tuesday's New York primary, with Trump bouncing back from a difficult stretch in the Republican contest and Clinton pushing closer to locking up the Democratic nomination.

Trump's victory was a psychological boost for his campaign, though the impact on his path to the Republican nomination was still to be determined by the number of delegates he secured. If he captured more than 50 per cent of the vote, he would be in strong position to win most of New York's 95 delegates, an impressive haul.

Trump leads the Republican race with 756 delegates, ahead of Sen. Ted Cruz with 559 and Ohio Gov. John Kasich with 144. Securing the Republican nomination requires 1,237.

Among Democrats, Clinton has 1,758 delegates to Sen. Bernie Sanders' 1,076. Those totals include both pledged delegates from primaries and caucuses and superdelegates, the party insiders who can back the candidate of their choice regardless of how their state votes. It takes 2,383 to win the Democratic nomination.

With the votes still being counted, Trump declared that it was "impossible" for his rivals to catch him.

Donald Trump and Hillary Clinton won easy victories in New York on Tuesday. THE ASSOCIATED PRESS

"We don't have much of a race anymore," he said during a victory rally in the lobby of the Manhattan tower bearing his name. He peppered his confident remarks with more references to the economy and other policy proposals than normal, reflecting the influence of a new team of advisers seeking to professionalize his campaign. THE ASSOCIATED PRESS

UNITED KINGDOM

Syria's Palmyra arch recreated in London

A 2,000-year-old triumphal arch destroyed by Daesh in Syria has risen again — in replica — in London's Trafalgar Square.

The Arch of Triumph in Palmyra formed part of one of the world's most extensive ancient archaeological sites. The ancient city, a UNESCO world heritage site, was among Syria's main tourist attractions before the civil war erupted in 2011. THE ASSOCIATED PRESS

Replica of the Triumphal Arch THE ASSOCIATED PRESS

IN BRIEF

Five accused of forming terror group in Germany

Five people were arrested in Germany on Tuesday on suspicion of founding a right-wing terror group to attack refugee homes and other facilities, in what the country's top security official called a "powerful blow" to the far-right.

Federal prosecutors said several apartments in the state of Saxony were searched alongside the arrests of the five German nationals — four men and a woman. THE ASSOCIATED PRESS

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DAIRY

Pea-based milk looking to make a splash

Irene Kuan
Metro | Toronto

Plant- and nut-based milk is nothing new, as consumers, both lactose intolerant and not, are increasingly finding non-dairy alternatives for that morning bowl of cereal.

According to the latest data from Neilsen, almond milk saw a surge in sales in 2015, while cow's milk sales contracted — and the trend isn't bucking, with cashew and coconut milks seeing an uptick in popularity as well.

Now, another non-dairy product is about to make a splash in the milk market.

The pea-based milk by California-based Ripple Foods, created by Adam Lowry, the cofounder of Method Soap, is claiming to be the next big thing in dairy alternatives and will even solve the issue of unsustainability and the carbon footprint created by producing cow and almond milks.

The vegan, organic and gluten-free milk is produced using yellow pea protein and contains sunflower oil, cane sugar, algal oil and a host of vitamins and minerals. The company boasts its plant-based milk contains more calcium, potassium and protein than cow's milk, as well as less sugar.

If taste is of your concern, Lowry was well aware that a milk made of peas that tastes like peas may turn people off, but says Ripple's formula tastes more similar to cow's milk than its competitors.

Ripple also says their pea-based milk only takes half a gallon of water per glass to make, compared to cow's milk, which takes 1,000 gallons, while almond milk takes 20 gallons of water per glass to produce.

Ripple will make its debut in May at Whole Foods supermarkets in the U.S.

Clinical Sleep SOLUTIONS

UPCOMING EVENTS

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During this event we will provide you with FREE cleaning, disinfecting, and calibration of your CPAP machine and mask. You will also receive a FREE filter replacement and consultation with a therapist during your visit. Come see what our clients have been raving about and experiencing for years as part of their regular service!
Please RSVP by calling the designated clinics listed below.

Vancouver – May 2 to May 4, 2016
#103 - 805 West Broadway - (604) 875-1440
Abbotsford - May 3 to May 4, 2016
#105 - 1975 McCallum Rd. - (604) 746-2290
Richmond - May 5 to May 6, 2016
#180 - 7031 Westminster Hwy - (604) 278-1540
White Rock - Apr 28 to Apr 29, 2016
#107 - 1461 Johnston Road - (604) 542-2276
Burnaby - Apr 25 to Apr 27, 2016
#115 - 5050 Kingsway - (604) 432-9271
North Van - May 5 to May 6, 2016
#215 - 1433 Lonsdale Ave - (604) 985-1440
Squamish - May 12, 2015
#2 - 38003 2nd Avenue - (604) 390-1130

Download our free newsletter for more details at www.clinicalsleep.com

Promo code: BETTERSERVICE additional 20% on all products purchased during the appointment date!
(Note: appointments recommended; anticipate at least 20 minutes per visit)

How sleep apnea can affect my health!

This new seminar series was developed exclusively by Clinical Sleep Solutions to help our communities understand the science of sleep and improve the management of various sleep disorders. We will be hosting a new topic every quarter and this will be done at each of the 7 locations! We are excited to launch this new initiative to help serve you and our communities better. Please feel free to invite your family and friends, we look forward to seeing you there!

Part 1: How sleep apnea can affect my health!
Sleep apnea is an aggravating condition to a number of health problems that include high blood pressure, diabetes, obesity, and depression. This seminar will provide an in-depth look at how the diagnosis and proper management of sleep apnea is important to the prevention and effective treatment of these medical conditions.

Vancouver – Creekside Community Center, May 3 @ 7pm
Burnaby – Bonsor Community Centre, May 5 @ 7pm
Richmond – Richmond Public Library, May 12 @ 7pm
White Rock – Office, May 18 @ 7pm
Abbotsford – Clearbrook Library, May 25 @ 6pm
North Vancouver – North Vancouver Public Library, May 26 @ 7pm
Squamish – Squamish Public Library, May 31 @ 7pm

Call 1-800-732-7985 or email customerservice@clinicalsleep.com for more information and to reserve your seat!

82 per cent of survey respondents reported buying an average of two gifts a month. ISTOCK

Here comes the cash

MONEY

Revealed: the generous gifting habits of Canadians

Canadians spend an average of $166 a month on gifts, excluding Christmas and other holidays, according to the results of a survey conducted by a popular online shopping site.

"I was surprised by how much Canadians are spending," said Sari Friedman, director of marketing for Ebates.ca. "Once you start adding that up, you're talking about a big chunk of change for the year."

In all, 82 per cent of survey respondents reported buying an average of two gifts a month.

After Christmas, spending on gifts by Canadians begins ramping up again about three weeks before Mother's Day, said Friedman. The increased spending continues throughout the summer in part because more people are married in the summer, creating a greater number of gifting occasions, including wedding showers and anniversaries.

To stay on track financially, Friedman recommends making a list of upcoming gift occasions and budgeting and shopping in advance where possible, to take advantage of sales.

She also recommends interacting with brands on social media, like Facebook, to keep track of special offers.

"It's really about shopping smart for gifts, and really being prepared," said Friedman.

More than a third of survey respondents — 36 per cent — said they give better gifts than they get. Re-gifting is common, with 20 per cent admitting to re-gifting birthday gifts and 14 per cent re-gifting hostess gifts.

Re-gifting is lowest when it comes to Father's Day and Mother's Day gifts.

Respondents said they prefer cash over other gifts at a wedding, and said they tend to spend the most on birthday and anniversary gifts for their partner, Friedman said.

"They're also cited as being the hardest gifts to shop for. I think that's because there is so much emotion behind it. You care about getting them a really great gift that they are going to love. Sometimes it takes longer to find the perfect thing," said Friedman.

TORSTAR NEWS SERVICE

MORE SURVEY FINDINGS

1. **Average spending on birthday and anniversary gifts:** $101 per gift
2. **Wedding gifts:** $146 per person, with 36 per cent of respondents preferring to receive cash and 32 per cent citing store-bought gifts as their preference. Ten per cent would prefer gift certificates and 18 per cent had no preference.
3. Respondents expect to spend **$63 on each parent** on Mother's Day and Father's Day this year.
4. **Men spend 30 per cent more on gifts for Mother's Day than women.** Men spend an average of $71, while women spend an average of $54 on their moms.
5. **Women (86 per cent) are likely to be more generous with the number of gifts they buy,** while men spend more across all categories by about 25 per cent.

SOURCE: EBATES CANADA

VCC INFO NIGHT
TODAY 4-7 PM

metro VIEWS
Your essential daily news
Wednesday, April 20, 2016

ROSEMARY WESTWOOD ON BLACK LIVES MATTER

HIDDEN IN PLAIN SIGHT

Canadian chapters of Black Lives Matter have, through recent protest actions, achieved substantive victories, but have so far failed to attract the kind of broad mainstream media attention given to the U.S. movement, in cities like Ferguson and Baltimore. **Are we unwilling to face homegrown racism?**

Left: Pascale Diverlus gestures at a Black Lives Matter rally in Toronto in March. Right: A sign hangs in front of the protest site, in front of Toronto Police Headquarters. STEVE RUSSELL/TORSTAR NEWS SERVICE; VINCE TALOTTA/TORSTAR NEWS SERVICE

In late March, before spring had sprung, Black Lives Matter protesters camped for two weeks in icy, wet weather outside Toronto Police Headquarters.

Not that you likely heard much about it. If you live outside Toronto, you probably had no clue. Torontonians might have heard some details, but coverage wasn't exactly overwhelming. It certainly wasn't national news.

Which is odd. Dozens of black-rights protesters occupied 24/7 the entrance to the largest municipal police force in this country — in sub-zero weather. They held speeches and cookouts and pressed forward a manifesto and demands. They were spurred by the police shooting of a black man, Andrew Loku, who was unarmed save for a hammer and whose death was investigated in relative secrecy.

It sounds a lot like the ingredients of a Black Lives Matters protest in the U.S., and maybe if it was, you might have heard about it.

Especially, you would think, after Toronto protesters got results: There will be a coroner's inquest into Loku's death; Toronto City Hall has unanimously supported a provincial review of the Special Investigations Unit, which investigates police misconduct; Premier Kathleen Wynne and her cabinet have agreed to work with protestors to "implement meaningful change."

But I asked friends across the country, and almost none — not even those who work in media — knew about the movement. In the age of Black Lives Matter in the U.S., arguably one of the defining voices of our time, the big question is: why?

Canadians appear to care more about anti-black racism in the U.S. — and take it more seriously — than in our own country.

Maybe the Toronto-headquartered national media were simply afraid of Toronto-centrism (we always are). But I also think Canadians appear to care more about anti-black racism in the U.S. — and take it more seriously — than in our own country.

It's a phenomenon Anthony Morgan, a civil rights lawyer in Toronto, has dubbed "Canadian racial exceptionalism." In a column written last summer, he described how we consider ourselves both too polite and nice to be racist, and too polite and nice to talk about it. That means, when someone protests anti-black racism, the common reaction is confusion, or irritation, or perhaps a shrug.

"We in Canada grow comfortable by scapegoating the United States and their narrative, and saying, 'Well, at least it's not as bad,'" Morgan told me. Having avoided the depth and scope of American Jim Crow, we imagine ourselves innocent.

Canadians consider this a post-racial country, agreed Rodney Diverlus, a co-founder of Black Lives Matter TO. "What that means is we've missed out on the opportunity to have national conversations about anti-black racism while it's still happening here," he said.

Of course, some people outside Toronto did hear about the protest, and they set up solidarity movements in Ottawa, Montreal and Vancouver. One of the seven young women organizers in Vancouver, Holly Bishu, said that if you want to know about racism in this country, just ask someone of colour; you'll hear that "it's not post-racial at all."

"I've experienced so many things growing up here that I didn't even realize were so harmful until I got old enough to be like, 'Oh my goodness, let me examine these,' and it was a lot of anti-blackness," she said.

Some specifics, should you need them: Black Canadians were the fastest growing population of federal inmates in a 2016 report, despite being only about three per cent of the population. They're three times more likely to be carded by police than whites in Toronto and are overrepresented among kids in care. Last month, the United Nations criticized Canada's record on child welfare, health, education and unemployment when it comes to its black citizens.

Meanwhile, a Forum Research poll of Torontonians, released last week, found only half of Torontonians agreed there is systemic racism in the city.

It took about a week for Toronto's mainstream media coverage of the protest to really pick up. Reporters were keen to cover a police clash with protesters, a contentious tweet from an organizer, and the movement's protest outside the house of Ontario Premier Kathleen Wynne. Diverlus, who was tasked with media relations, said interest was largely confined to stories about tension between the protest and other groups, with the systemic-racism angle getting short shrift. Some stories, for example, didn't mention Andrew Loku's name at all.

For someone writing about this, right now, you'd think I would have known better. You'd think I would have at least gone to the protest. Or written about it sooner. I did not.

I'm not an example of what should be done, but I am a curious participant. I finally sensed, by the end of the second week of the protest, that I had missed something fairly big, and fairly obvious. Morgan calls this the need for reconciliation, between the Canada we think we are, and the Canada we really are. Which is to say: One that needs to wake up.

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metro LIFE

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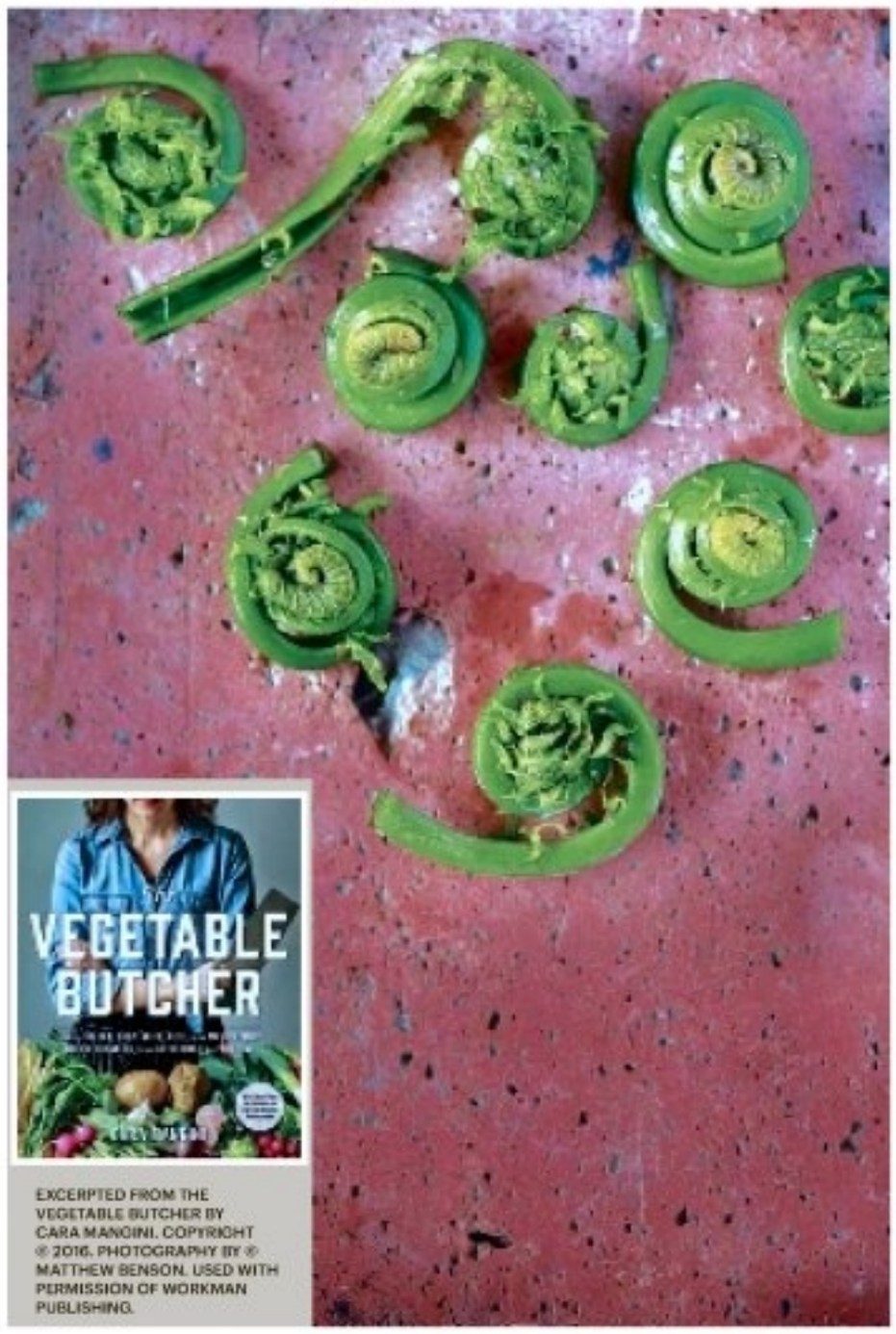
Prince Harry was treated to a set tour of the next Star Wars film in London this week

BOOK EXCERPT **THE VEGETABLE BUTCHER**

A light and in-season snack



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RECIPE

Celebrate spring's arrival with fiddleheads

To Clean and Prep Fiddleheads:

1. Immerse fiddlehead ferns in a bowl of cool water and use your fingers to rub off the brown papery scales that cover the coils.
2. Gently unfurl the fern, if needed, to remove any scales stuck between the coils. Rinse the ferns under cold water in a colander and drain them.
3. Immerse the fiddleheads again in a bowl of cool water if needed, agitating them to release any remaining film. Rinse them again and drain.
4. Wrap the ferns in a clean, dry dish towel.
5. Gently shake the bundle back and forth to remove any remaining scales.
6. Trim the woody stem ends of the fiddleheads with a paring knife

Orange-Shallot Fiddlehead Ferns and Ricotta Crostini

Makes 14 to 16 crostini

Whisk together 3 tablespoons freshly squeezed orange juice, ½ teaspoon freshly grated orange zest, 2 tablespoons white wine vinegar or champagne vinegar, 2 teaspoons pure maple syrup, 2 teaspoons minced shallots, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper in a medium-size bowl. Slowly stream in 4 tablespoons extra-virgin olive oil, whisking to combine. Add 1 teaspoon finely chopped fresh chives and ½ pound fiddlehead ferns, cleaned, trimmed, boiled until just tender, shocked in an ice bath, and drained, and toss to coat.

Divide ¾ cup whole-milk ricotta cheese among 14 to 16 small crostini, spreading it on each. Lift 2 to 3 of the fiddlehead ferns from the bowl with a slotted spoon and place on top of each crostini. Lightly drizzle with some of the vinaigrette and top with a pinch of chopped chives.

PREP

To boil fiddleheads
This is a necessary step to eliminate any bitterness in the ferns. Once they are boiled, you can use them as is or toss them into a saute, risotto, or pasta (add at the last minute). Drop the fiddleheads in a large pot of salted boiling water and cook until they are bright green and just tender, 3 to 5 minutes depending on size and thickness. Lift them with a spider and transfer them to an ice-water bath to cool. Drain them well and transfer them to a dish towel to dry.

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Female agent brings humanity to drama

THE SHOW: The Night Manager, Season 1, Episode 4 (AMC)
THE MOMENT: The sports day speech

British intelligence agent Angela Burr (the magnificent Olivia Colman) and her younger colleague Grace (Simona Brown) are working late, tracking Richard Roper (Hugh Laurie), an arms trafficker.

"Shouldn't you go home?" Grace asks.

"My husband knows why I do this," Angela replies. "He knows about the school sports day."

Calmly, simply, Angela tells Grace the story: In Baghdad in 2003, two shells fell on a school playing field. One was mustard gas, which burnt the hands and faces of the children. (Here Angela begins to cry, but she carries on.) The other was sarin gas, which destroyed their lungs. Roper, who was there, began selling sarin after that. "Roper saw what I saw, and he thought, Business," Angela concludes. "So Mr. Burr knows I have to be here."

Whoa. This miniseries, based on John LeCarre's novel, spends the bulk of its time with posh, blue-eyed men — Roper; his faithful henchman Corky (Tom Hollander); and his nemesis Jonathan, a newly recruited spy (Tom Hiddleston). They're forever jetting from Mallorca to Egypt, eyeballing one another cooly, and saying things like, "I think one is becoming a tad deranged." It's intelligent, amoral and deeply unsettling.

So the counterweight Angela provides is crucial. In the novel, her character was a man. To switch it to a woman, and to cast Colman, was genius. She's every bit as intelligent and fierce as her foes, but we need her humanity to remind us Roper's mansions and islands, his yachts and champagnes, come at a cost.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Olivia Colman plays Angela Burr on The Night Manager. AMC

A whimsical look at the mundane

Tatsuya Tanaka has been creating tiny scenes every day for years. He takes a picture to create a Miniature Calendar online. "Broccoli and parsley might sometimes look like a forest, or the tree leaves floating on the surface of the water might sometimes look like little boats," he writes. "Everyone must have had similar thoughts at least once." TORSTAR NEWS SERVICE; ALL PHOTOS COURTESY OF TATSUYA TANAKA

DEEP AND DELICIOUS

A dessert makes for a handy "Cave" in this scene from Nov 21, 2014.

VEGGIES WITH A VIEW

This July, 11, 2015, scene validates thoughts broccoli looks like trees.

SCALING MT. SLICE

Two tiny alpinists tackle a sandwich peak on Feb. 11, 2016.

POP, POP AND AWAY

We have "Lift off" on February 29, 2016.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Kid's meals

Grabbing fast food for the kids? You can still make smart choices!

PICK THIS

Happy Meal with Hamburger, Apple Slices, 1% Partly Skimmed Milk & Strawberry Yogurt

Calories 415
Fat 10.5g
Sodium 650mg
Sugar 30g

SKIP THIS

Happy Meal with Chicken Snack Wrap, Mini Fry, Coke & Strawberry Yogurt

Calories 545
Fat 19.4g
Sodium 745mg
Sugar 33g

HERE'S WHY

Equivalent to 7 Subway Kid's Pak 4" Turkey Subs in fat

Fast food tends to be far from nutritious and should only be eaten occasionally, especially for kids. If you're in a pinch and the kids are craving McD's, there are healthier options. They can have a hamburger, but skip the fries and pop; pick milk and apple slices instead, saving on fat, calories and added sugar. A wrap may seem like a healthier choice, but the tortilla, fried chicken, ranch dressing and cheese adds extra calories, fat and sodium.

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metro DRIVE

Your essential daily news

Pop artist behind Sgt. Pepper's cover art decorates Bentley for charity

Half coupe, half hatchback, all fun

REVIEW

Unique details add up to one distinctive ride

Mike Goetz
For Metro Canada

The Hyundai Veloster debuted back in 2011. So five years of me looking and pondering its unique exterior style and shape, which marries sport coupe and hatchback themes, and I still can't decide whether I like it or not.

Some days it seems fresh and menacing. Other days it seems too thick and chunky, especially in profile.

But for 2016, Hyundai sought fit to introduce a new Rally Edition, featuring a stunning blue matte paint job, trick wheels, (faux) carbon fibre detailing around the grille, and a slightly lower stance (with commensurate suspension tuning), and it tipped the scales for me. I am now fully 51 per cent in favour of Veloster's distinctive appearance.

It seems like the Rally Edition was created to give people another way to access the two main drawing cards of the Veloster's charismatic turbo model — the 201-horsepower turbo motor and the aggressive grounds-effect package looks. Both pieces dramatically alter the Veloster's personality for the better. A Veloster without them, like the base model, is a Veloster with less purpose in life.

Rally Edition and Turbo are actually equally priced at $27,199. Turbo gives you navigation and a panoramic sunroof. Rally Edition has neither, but makes up for it with all the Rally Edition visual and suspension tweaks, and a specific Rally Edition interior. That interior is edgy and full of contrasts, with some metal-like surfaces and seat inserts rendered in the same shade as the exterior. Very cool and inviting.

All Rally Edition models, like our tester, are fitted with a six-speed manual transmission hooked up to a "B&M Racing Sport Shifter." As advertised, shift throws are short, but also direct and with good mechanical heft.

The steering also has the necessary heft and feel to make cornering a satisfying experience.

The tire and suspension tweaks have definitely upgraded the handling. But those aggressive 18-inch wheels and tires make this Veloster a bit stiff for everyday driving.

And while 201 horsepower is an awfully good number for a 1.6-litre turbo, and you will enjoy its thump, it doesn't make the vehicle jump, as say something like the 197-horsepower Ford Fiesta ST. The Hyundai doesn't handle as well as the Ford either. But that's not to say it isn't fun.

Like all Velosters, Rally Edition features a third door on the passenger side, so your rear seat passengers can get in without yoga — and it's surprisingly roomy back there for a small coupe.

Overall, the Veloster Rally Edition is distinctive and fun, with many fine details, to keep you engaged and contented on city commutes, and on romps you take for the sheer joy of it.

THE CHECKLIST | 2016 HYUNDAI VELOSTER

THE BASICS

- **Type.** Three-door, four-passenger, FWD, compact sports coupe/hatchback
- **Power.** 138-hp 1.6-litre I4, 201-hp 1.6-litre turbo I4
- **Transmission.** Six-speed manual, Six-speed automatic, Seven-speed automatic
- **Price.** Base $18,599 (plus destination)

COOL FEATURES

- Rally Edition's RAYS wheels are five pounds lighter (each) than regular wheels.
- Turbo models available with new seven-speed "dual clutch" automatic with paddle shifters.

VELOSTER PHOTOS MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- "Third door" is a small one, and on the passenger side.
- Base "non turbo" engine not very sporty.
- New limited-edition Rally Edition for 2016 only available in a special Matte Blue paint.

MARKET POSITION

- Satisfying sporty coupe for those that don't need the full-on extreme sports experience.
- Targeted at a younger crowd, but mature crowd seems to like them too.

THE COMPETITION

Ford Fiesta ST
Base price: $25,649

Honda CR-Z
Base price: $26,290

Scion tC
Base price: $22,385

DREAM CARS

Aston Martin takes it to the extreme

British luxury sportscar maker Aston Martin has taken the wraps off the Vantage GT8, a limited-edition version of its standard Vantage that the company claims is as close to a road-going racing car as the law allows.

Just 150 examples are being built, and the first deliveries won't start until the end of the year. But those with the money and the patience will get a GT car infused with a host of features and systems developed through Aston Martin's endurance racing programme.

The Vantage GT8 is 100 kilograms lighter and its 4.7-litre naturally aspirated V8 has been tuned to deliver 440bhp and that power can be sent to the rear wheels via a proper manual gearbox, if the owner so desires. Otherwise, there's a paddle-shift automatic transmission in the options list.

Director of Special Projects and Motorsport, David King said: "We long held the desire to create a road car that truly reflects our racing activity at Le Mans. With the Vantage GT8, we've finally been able to achieve that."

Though based on the standard two-seat GT car, no one will be in any doubt that the GT8 is something special. Festooned with carbon fiber aerodynamic aids, it has an extended front splitter, fixed rear wing and protruding sills finished in a choice of luminous contrasting colours.

But that's just the start, depending on how often a potential owner intends to take the car to the track. Glass interior switches can be swapped for plastic, the roof can be specified in carbon fiber and the side and rear windows swapped for polycarbonate to save even more weight and therefore unleash even more performance.

"Road cars are our business, but racing is the beating heart of Aston Martin," said company CEO Dr Andy Palmer.

"Beautifully engineered and set-up to be equally at home on a fabulous road or a demanding race track, the Vantage GT8 is a driver's car in the truest sense of the word." AFP

The Aston Martin Vantage GT8 (right) and the car that inspired it, the Aston Martin V8 Vantage GTE race car.
ASTON MARTIN LAGONDA LTD

CX-9 makes an ideal crossover

USED VEHICLE

Check water pump on 2007-2015 models

The first-generation CX-9 is the largest vehicle in Mazda's lineup.

This large crossover SUV was designed for busy families, and hit hardest with its luxurious cabin, spaciousness, and responsive driving characteristics.

Owners say that common areas for rust include the front edge of the hood, the lower, inner edge of the tailgate, and the lower, inner edges of the doors.

Some owners have reported issues with the CX-9's All Wheel Drive (AWD) system, typically at low mileage and under warranty.

Though this issue doesn't seem widespread, CX-9 shoppers set on an AWD model are advised to have a Mazda mechanic check all system electronics, to inspect the Power Takeoff Unit (PTU) assembly and rear differential for signs of fluid leakage, and to confirm that no AWD warning lights are lit up in the instrument cluster.

Run the engine at idle with the hood open, and listen for a ticking sound from deep below. This sound could be the result of a bad belt pulley that's worn out.

According to the owner's community, changing a water pump in a CX-9 involves engine removal, and will be pricey.

As such, shoppers are strongly advised to have a mechanic check for signs of water-pump wear, with an inspection for coolant leaking from the assembly, and coolant levels. Be absolutely sure the water pump on the model you're considering is in top shape.

JUSTIN PRITCHARD

Features

It offers three seating rows, a generous cargo hold, and upscale feature content including HID lighting, a sunroof, BOSE audio, automatic climate control, push-button start, wood trim, heated leather, a motorized tailgate and plenty more.

Engines

A 3.5 or 3.7 litre V6 was standard, with up to 273 horsepower. The smaller, 3.5 litre V6, with 263 horsepower was replaced by the larger 3.7 litre unit from 2008. All models got a six-speed automatic, and most used copies will feature Mazda's Active Torque Split All Wheel Drive (AWD) system.

What owners like

The CX-9's upscale cabin, commanding driving position, roominess and flexibility, and confidence in challenging driving conditions. The BOSE stereo and xenon lights are among the favorite features, and styling is highly rated, too.

What owners dislike

Common complaints include heavy fuel use, a navigation screen that's hard to read in direct sunlight, and some low-budget interior trimmings.

The verdict

With a clean bill of health after an inspection of its cooling and AWD systems, a used Mazda CX-9 should make an ideal family crossover when sharp styling, upscale feature content and above-average attention to driving dynamics are priorities.

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$168 B/W @ 6.97% OVER 60 MONTHS NOW ONLY $14,990

2009 SUBARU TRIBECA

Symmetrical AWD, power sunroof, leather wrapped steering wheel, power drivers seat, fog lights, roof rack, alloy wheels, tinted windows, spoiler
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2 Door Coupe, Power Sunroof, Fog Lights, Tinted Rear Windows, Automatic Transmission, Power Windows/Locks/Mirrors, C.D Player, Air Conditioning,
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2014 SUBARU LEGACY

2.0L, heated seats, alloy wheels, Bluetooth, back up camera, fully automatic headlights, active grill shutter, electronic parking brake with driver selectable hill hold function, 6" audio system display

$27,713 SALE PRICE $23,985

S15562A

2013 INFINITI JX35

Navigation, power sunroof, leather interior, 7 seater, ample cargo space, privacy glass, heated front seats, multi-zone air conditioning, auxiliary audio input, HID headlights, Bluetooth.

$36,595 SALE PRICE $34,998

K16211A

2012 KIA SOUL 2U

Power steering, fog lamps, engine immobilizer, Bluetooth, performance tires, privacy glass, pass-through rear seats, steering wheel mounted with audio controls, heated front seats

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K14692A

2013 KIA RIO LX w/ ECO

Fuel efficient! Power heated mirrors, bucket front seats, USB connection, Bluetooth, auxiliary audio input, fog lights, air conditioning, power outlet

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K16264B

2003 BMW X5

Automatic transmission, multi-zone A/C, performance tires, power driver seat, AWD, heated front seats, cargo shade, power sun/moonroof, heated mirrors

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KK1602

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KK1609

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K15488A

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2016 CONSUMER SATISFACTION AWARD

Mario Danielle Andrew Bal Jimmy Charles

BMW i3 hatchback: Calm amid chaos

I3

Best seller represents 'revolution'

The most energy efficient car sold in the United States for the third consecutive year represents "something of a revolution" for the whole auto industry. The 2016 BMW i3 hatchback has advanced technology in spades, a body structure made of carbon-fibre-reinforced plastic and a fully electric powertrain that can be ordered with an optional two-cylinder range-extending gasoline engine, reports auto info website, The Car Connection. Meant to provide quiet, all-electric transport for those living in congested urban centres, the BMW i3 "is absolutely the most calming, soothing vehicle we've driven in truly chaotic rush-hour traffic."

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

HONDA

Odyssey minivan goes hybrid, in Japan

Fiat Chrysler Automobiles' newly unveiled Chrysler Pacifica Hybrid minivan won't be the world's first when it goes on sale late this year. A new Honda Odyssey Hybrid minivan went on sale in Japan in early February, using the same Intelligent Multi-Mode Drive (i-MMD) system as in the Accord Hybrid. The Japan-market Odyssey varies significantly from, and is smaller than the model sold in North America, and there's "no chance" it will be sold here, according to alternative-vehicle webmag, Green Car Reports. But, "if nothing else, a minivan with the two-motor hybrid system would be a good rival" for the Pacifica.

TEXT AND IMAGES BY WHEELBASE MEDIA

VOLKSWAGEN

Budd-e will see production

Volkswagen's Budd-E Microbus-related concept will be in showrooms, likely within five years, a VW official has told British magazine, Car. Volkmar Tannenberger, head of electronic development said a car that "looks a lot like this (will) reach production. I can't say exactly when, but by 2020 or thereabouts." The company has made no secret about wanting to put the Budd-e concept's new Modular Electric platform to wide use.

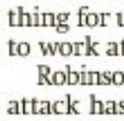
metro SPORTS

The Warriors said nothing of concern came up in Stephen Curry's MRI on his ankle, but he remains questionable for Game 3 vs. the Rockets

Sharing the blame

WHITECAPS

Coach says effort is there but players not scoring



Cam Tucker
Metro | Vancouver

The prevailing wisdom from the Vancouver Whitecaps continues to be that they're getting their chances, but, whatever the reasons, they just aren't taking them.

Rinse, repeat.

The topic of goal scoring, or lack of, once again dominated the discussion as the team returned to training following a 1-0 road loss against Real Salt Lake.

The effort was there, or at least it was certainly better than what was on display versus D.C. United the previous weekend. The chances were there. The finish, well, that again was nowhere to be found.

They haven't scored in their last three games. A goal from open play? Still waiting for one of those this season.

"The game is about goals," said head coach Carl Robinson. "That's what we're not doing at the moment. It's not a big thing for us. We know we need to work at it."

Robinson doesn't believe their attack has once again become too predictable.

Vancouver's strikers have garnered criticism, particularly Octavio Rivero.

But this isn't all on the strikers.

Only three Vancouver players have scored: Pedro Morales has four goals — all on penalty kicks — and defenders Kendall Waston and Jordan Harvey each have one.

Cristian Techera has yet to get on the board. Ditto for Kekuta Manneh.

After an ankle injury in last year's playoffs, a long recovery and shortened pre-season — Robinson said Tuesday that Manneh isn't "100 per cent fit" at the moment — the speedster is one of many players yet to break out.

"For me, it's just getting comfortable out there, getting my confidence up. I feel like confidence has been down a bit," Manneh admitted.

Arguably the biggest obstacle has been the loss of Morales in the midfield to a hip/groin injury. He's often the heartbeat of the attack, but has missed the last two games.

Morales worked out on the sidelines Tuesday, but didn't join his teammates. Robinson didn't absolutely rule out the possibility of Morales being available for Saturday's match, but it sounds highly unlikely.

Beginning this weekend, the Whitecaps play three games in the span of seven days, including two against Western Conference forces in FC Dallas on Saturday at BC Place Stadium and Sporting Kansas City again at home Wednesday.

Robinson said he wouldn't rush Morales into action.

The absence of Pedro Morales, who is out with a hip/groin injury, has greatly hurt the Whitecaps' offensive attack. JEFF VINNICK/GETTY IMAGES

ON THE MEND

Perez could be available for tilt against former team

Blas Perez, who missed last weekend with a hamstring ailment, said Tuesday that he is available for selection for this weekend.

Always the antagonist in previous contests with the Whitecaps as a member of FC Dallas, Perez could face his former team on Saturday.

Having Perez available would also provide the coach with another option at the striker position.

NHL

Canucks on short list to land college stud

Drake Caggiula
THE ASSOCIATED PRESS

The Vancouver Canucks have reportedly made the short list of six NHL teams that college free-agent forward Drake Caggiula will apparently visit before he decides where to sign, according to TSN.

Citing sources, it was reported Tuesday on TSN.ca that the other five teams on Caggiula's list are the Buffalo Sabres, Chicago Blackhawks, Edmonton Oilers, Ottawa Senators and Philadelphia Flyers.

Caggiula does have connections to at least two players — University of North Dakota teammates Brock Boeser and defenceman Troy Stecher — in the Canucks organization.

The Canucks took Boeser in the first round of last year's draft and signed Stecher, of Richmond, to a two-year deal last week.

Caggiula was never drafted. But he finished his senior year at North Dakota with 25 goals and 51 points in 39 games, finishing second on the team in goals and total points behind Boeser, his linemate.

In addition to his impressive offensive numbers in his final year of eligibility, Caggiula was named most outstanding player for the NCAA Frozen Four tournament, after recording five points in two games.

CAM TUCKER/METRO

UFC

McGregor pulled from UFC 200 card

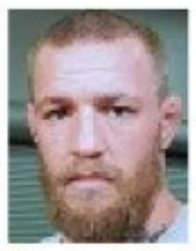
Conor McGregor has delivered a haymaker on social media.

McGregor created a stir Tuesday when he tweeted that retirement was on the horizon. The UFC later tweeted that McGregor had been pulled from UFC 200 on July 9.

The 27-year-old McGregor tweeted, "I have decided to retire young. Thanks for the cheese. Catch ya's later."

But is it truly exit octagon cage left for the Irish star?

UFC president Dana White told ESPN he pulled McGregor from the main event of UFC 200 and a scheduled rematch with Nate Diaz after McGregor decided not to attend pre-fight promotional appearances in Las Vegas.



Conor McGregor
GETTY IMAGES

"Is Conor McGregor retiring? Only he can answer that question," White told ESPN. "I don't know. But he will not be a part of UFC 200."

Diaz playfully replied to the tweet with his own "retirement" announcement. He tweeted, "I guess my work here is done I'm retiring too."

McGregor's coach added fuel to the retirement speculation with his own tweet that said, "Well was fun while it lasted."

THE ASSOCIATED PRESS

NHL PLAYOFFS

Bolts pin Wings' backs against wall

Ondrej Palat scored with 2:59 left in the third period, lifting the Tampa Bay Lightning to a 3-2 win over the Detroit Red Wings on Tuesday night and a 3-1 lead in the first-round series.

Game 5 is Thursday night at Tampa Bay.

Ben Bishop stopped 26 shots for the Lightning and Petr Mrazek made 30 saves for the Red Wings.

Palat was in a perfect position right in front of the net to make the most of Jonathan Drouin's pass on the game-winning goal.

GAME 4 in Detroit

3	2
LIGHTNING	RED WINGS

Nikita Kucherov had power-play goals in the first and second period to give Tampa Bay a 2-0 lead late in the second, but Detroit's Darren Helm and Gustav Nyquist scored late in the period to tie the game.

THE ASSOCIATED PRESS

IN BRIEF

Hawks take advantage of Celtics' poor first quarter

The Hawks held the Boston Celtics to the lowest-scoring first quarter in the playoffs since the NBA went to the shot clock, building a 21-point lead and holding on despite an ugly shooting performance of their own for an 89-72 victory Tuesday night, giving Atlanta a 2-0 lead in the opening-round series.

Al Horford and Kyle Korver led Atlanta with 17 points apiece, but this game was essentially decided in the first 12 minutes.

THE ASSOCIATED PRESS

Penguins reclaim first-round series lead in Big Apple

Matt Cullen beat Henrik Lundqvist on a semi-breakaway after beating two defencemen early in the third period and the Pittsburgh Penguins spoiled the return of Rangers captain Ryan McDonagh with a 3-1 win in Game 3 of their first-round series on Tuesday night.

Sidney Crosby also scored and Matt Murray made 16 saves in his return to action in helping the Penguins take a 2-1 lead in the best-of-seven series.

THE ASSOCIATED PRESS

Carrasco quiets M's

MLB

Pitcher battles pain, strikes out five in gutsy display

TUESDAY In Cleveland

3	2
INDIANS	MARINERS

Carlos Carrasco didn't let a sore ankle get in the way of another win Tuesday night.

Carrasco (2-0) came up limping after covering first base during the third inning but allowed just a run in 6-1/3 innings to help the Cleveland Indians beat the Seattle Mariners 3-2.

Francisco Lindor had three hits, scored a run in the third, drew a bases-loaded walk in the fourth and turned in an outstanding defensive play in the fifth.

Carrasco powered through 103 pitches. He allowed four hits and three walks while striking out five. He was hobbled when Robinson Cano hit into a force play and stepped awkwardly on the base with his right foot taking a throw.

"I tweaked it a little bit but it didn't bother me," Carrasco said. "I tape my ankles before every game. Everything was fine."

Carrasco took a few warmup pitches after a visit from manager Terry Francona and a trainer before striking out Nelson Cruz with two on to end the inning.

Carrasco's only mistake came when Kyle Seager hit a solo homer in the sixth.

Seattle has scored three runs or fewer nine times in 13 games.

"Carrasco is very good, obviously, but we couldn't get a big hit early," Mariners manager Scott Servais. "He got the outs when he needed them."

THE ASSOCIATED PRESS

Third baseman Kyle Seager had a home run and a single in the Mariners' loss in Cleveland on Tuesday. JASON MILLER/GETTY IMAGES

BLUE JAYS 4, ORIOLES 3

Stroman survives for 8th-straight win

Marcus Stroman allowed three runs in seven innings, Troy Tulowitzki drove in two runs and the Toronto Blue Jays beat the Baltimore Orioles 4-3 on Tuesday night.

Jose Bautista had two hits and an RBI for the Blue Jays, who have won three straight to move over .500 (8-7) for the first time since April 5.

Manny Machado and Matt Wieters homered for the Orioles, now 5-1 at home. Baltimore has lost four of five following a 7-0 start.

Stroman (3-0) gave up six hits, struck out three and walked one. The right-hander has won eight straight decisions and 11 of 12 dating to 2014.

Roberto Osuna got four straight outs for his fifth save.

Orioles starter Mike Wright (1-1) gave up three runs over six innings. Half of his six career losses have come against Toronto.

THE ASSOCIATED PRESS

IN BRIEF

Man City stall despite Aguero's 100th EPL tally

Newcastle is showing some late determination to avoid relegation from the top tier, drawing 1-1 with Manchester City on Tuesday after Sergio Aguero became the second fastest player to score 100 English Premier League goals.

It was Aguero's 147th league match. Alan Shearer scored 100 in just 124 EPL matches. THE ASSOCIATED PRESS

Canadians put three past Finns at U-18 worlds

Pascal Laberge and David Quenneville scored first-period goals to lead Canada past Finland 3-1 at the world men's under-18 hockey tournament Tuesday.

Tyson Jost had the other goal for Canada (4-0), which secured top spot in Group B with the win.

Evan Fitzpatrick was solid in Canada's goal, stopping 26 of 27 shots. THE CANADIAN PRESS

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RECIPE Chicken and Butternut Squash Risotto

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

While spring continues to play its game of here today gone tomorrow, it's good to have a couple of comfort recipes up your sleeve.

Ready in
Prep time: 10 mins
Cook time: 30 mins

Ingredients
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 chicken breasts, sliced into bite-size pieces
- 2 cups risotto
- 2 1/2 cups cubed butternut squash
- 6 cups chicken broth
- 4 sage leaves, chopped
- 1 cup of fresh, shaved parmesan cheese

Directions

1. Place oil in a large pot over medium heat and add onion and chicken. Cook until chicken is lightly browned on all sides and onion is translucent.

2. Add the rice to pan and keep stirring as it gently begins to fry. It should turn translucent after about a minute. Add sage leaves, squash and 1 cup of chicken stock and allow it to simmer while you continue stirring. As stock is absorbed, add another cup. Stir. Stir. Stir. Continue adding stock until it has all been absorbed, while constantly stirring.

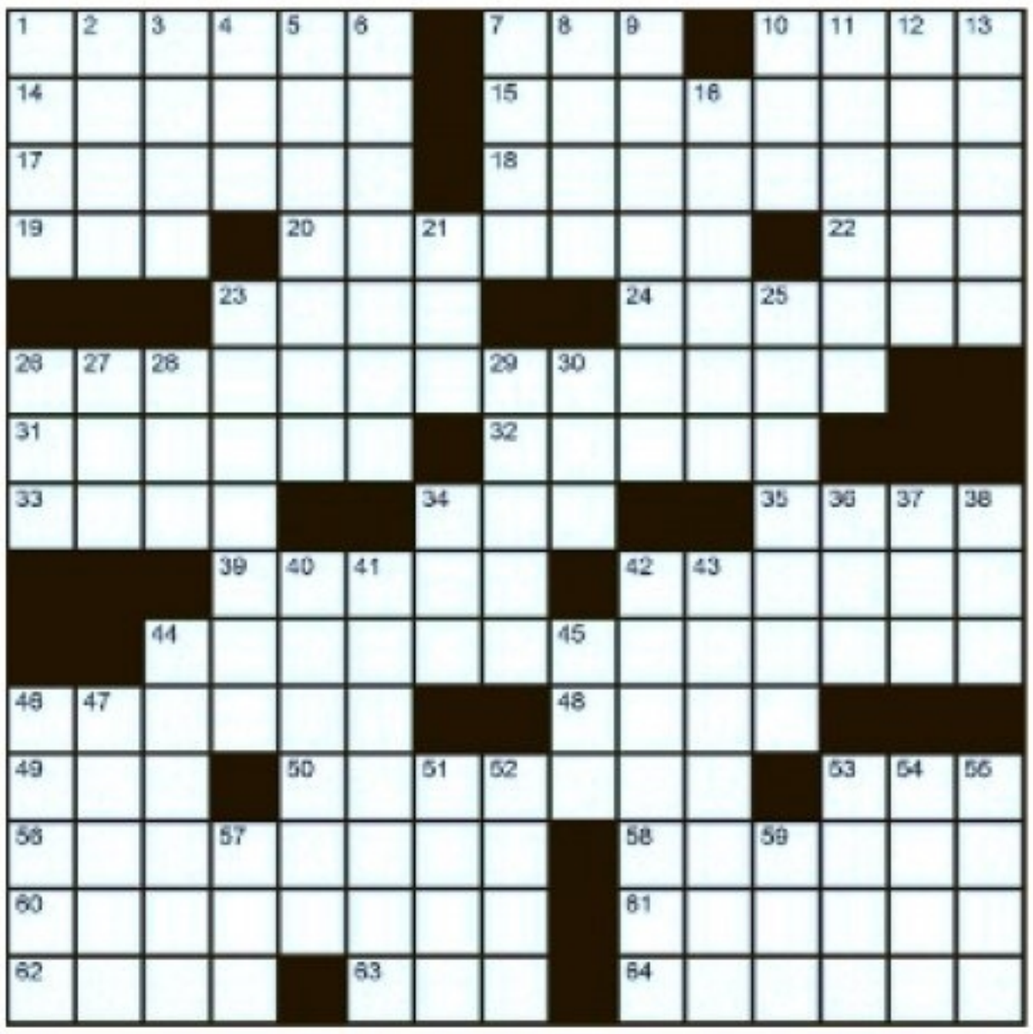
3. Taste the rice to be certain it is cooked. You can add warm water if you need a bit more liquid.

4. Take the pot off the heat and mix in Parmesan cheese. Cover and allow to sit for 2 minutes. Serve immediately.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tranquil
7. U-571, e.g.
10. "Yes, _!"
14. Change the building's front or the doors on the kitchen cupboards
15. The correct way
17. Brief bit of a minute: 2 wds.
18. Someone from Charlottetown's province
19. Fido's father?
20. Vulture's meal
22. Marion _ (Pioneering female aviator of Canada, b.1918 - d.1995)
23. Heal
24. Fireplace section
26. Works at solving techie problems
31. Prefix to 'scopic' (Like the 3D photography technique)
32. Art gallery crime
33. Chipper
34. Archery wood
35. Dutch cheese
39. Sailor's status: 2 wds.
42. Sushi condiment
44. Toronto rapper Drake's new album due next week: 3 wds. + number
46. 19th-century English writer Emily
48. Politicians' votes
49. Former mil. General's abbr.
50. Most embarrassed
53. Shakespearean suffix
56. Job for comedian Lily Tomlin's Ernestine character
58. Hors d'_ (Appetizer)
60. _ lamp (Rustic light source)
61. Sculptures/paintings attraction
62. Additional
63. NYC's 'N'
64. Clears

DOWN
1. Theatrical accessory
2. Ms. Horne
3. "_ _ Good Men" (1992)
4. '_' _ in Cornwall
5. One-of-some in the drink to make it cold: 2 wds.
6. Vancouver-born actress Yvonne of '60s comedy "The Munsters": 2 wds.
7. Cleanser brand, _ and Span
8. Mr. Major the Space Bear
9. Historic theatre in Russia
10. Fellows
11. Zeals [var. sp.]
12. _ Bay, British Columbia
13. Frankincense's festive friend
16. Promenades
21. Riddle-me-_
23. Drape
25. Substantiates
26. Baking meas.
27. Pathway, for short
28. "The Star-Spangled Banner" contraction
29. Bundle
30. Shape, axe-style
34. "Of course."
36. "Lah-di-_!"
37. Pres. Lincoln
38. British spy agency (NOTE: Answer has a number in it)
40. Bright fishies in aquariums
41. _ the deal (Add incentives)
42. So so sad
43. Non-professional athlete
44. Ballot check-mark-makers
45. Deli loaf
46. In need of money
47. Fight off the flies
51. Cooked
52. Mr. Lachey (Nick's younger brother)
53. All Hallows, and others
54. Honest
55. Skirt lines
57. Pre-fish fish
59. G7 member

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your focus will turn to money, cash flow and earnings for the next four weeks. Value your moneymaking ideas, because they will be good.

Taurus April 21 - May 21
For the next four weeks, the Sun is in your sign, recharging your batteries for the rest of the year. You will attract good circumstances and people to you. Make the most of this!

Gemini May 22 - June 21
Use the next month to think about what you want your new year (birthday to birthday) to be all about. You have a month to make plans for this.

Cancer June 22 - July 23
You can expect a popular month ahead because of the shift of the Sun. Enjoy schmoozing with others. Join classes, clubs, groups and associations.

Leo July 24 - Aug. 23
The Sun will be at the top of your chart, acting like a flattering spotlight on you for the next month. Make hay while the Sun shines!

Virgo Aug. 24 - Sept. 23
Grab every chance to travel or expand your world in the next four weeks. If you can't travel, be a tourist in your own city. Study something new!

Libra Sept. 24 - Oct. 23
The shift of the Sun ushers in a month ahead where you will focus on inheritances and shared property. It's time for you to clear up loose ends and reduce your debt.

Scorpio Oct. 24 - Nov. 22
Because the Sun will be opposite your sign for the next four weeks, you will need more rest than usual. Acknowledge and respect your need for sleep.

Sagittarius Nov. 23 - Dec. 21
Do what you can to get better organized in the next four weeks. You want to feel that you're on top of your game and that things are running smoothly.

Capricorn Dec. 22 - Jan. 20
Slip away on a vacation in the next four weeks, because you want to party and relax. Pack a bag and leave town! Fun and pleasure are the names of the game.

Aquarius Jan. 21 - Feb. 19
Home, family and your private life will be increasingly important in the next four weeks. An interaction with a parent could be significant.

Pisces
Feb. 20 - March 20
The pace of your days will accelerate in the next four weeks, with short trips, errands and increased conversations with everyone. How exciting, you've got things to do!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8		1		9	7			2
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	6						1	

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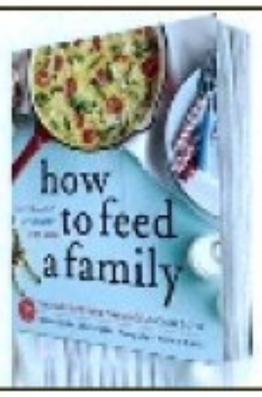

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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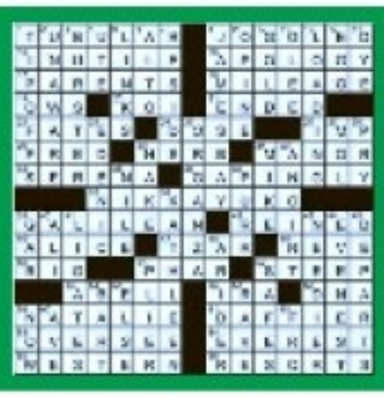

9	8	5	2	1	3	4	6	7
4	3	7	9	6	8	5	2	1
1	6	2	7	4	5	9	8	3
6	9	4	5	2	7	1	3	8
2	5	3	8	9	1	7	4	6
8	7	1	6	3	4	2	5	9
3	1	8	4	5	9	6	7	2
7	4	6	1	8	2	3	9	5
5	2	9	3	7	6	8	1	4

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Nothing But The Best Sales Event.

Enjoy the best of our 2016 lineup with 3 months payments waived and $1,500 in delivery credits on select models.

THE 2016 B 250. TOTAL PRICE* STARTS AT $34,760.*

Lease Rate	Lease Payment	Receive Up To		Receive Up To
1.9%[1]	$298[1]	3 months[2]	AND	$1,500[3]
45 Months	$5,969 Down	Payments Waived		Delivery Credits

** Fees and taxes extra.

» Current Mercedes-Benz owners will receive a loyalty rate reduction on their next new purchase[4]

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©2016 Mercedes-Benz Canada Inc. Shown above is the 2016 B 250 with optional Static LED Headlamp System. MSRP of advertised 2016 B 250 is $31,700. *Total price of $34,760, includes freight/PDI of $2,295, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $45.48 and a $25.00 fee covering EHF tires, filters and batteries. Vehicle options, fees and taxes extra. **Vehicle license, insurance, and registration are extra. [1]Lease offer only available through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on $298 (excluding taxes) per month for 45 months (STK#R1681921), due on delivery includes down payment or equivalent trade of $5,969, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 1.9% applies. Total cost of borrowing is $1,580. Total obligation is $21,704. 12,000 km/year allowance ($0.20/km for excess kilometres applies). [2]First, second and third month payment waiver are capped for the 2016 B 250 up to a total of $400 (including taxes) for lease programs. [3]Please note a delivery credit of $1,500 has been applied/included in the calculation of the monthly lease payment on the 2016 B 250. [4]The loyalty program offers a 1% rate reduction off of the lowest posted lease (minimum lease rate is 0.03%), retail finance or star advantage rate on new and demonstrator Mercedes-Benz passenger car vehicles. To be eligible, a customer must have leased or financed a new or pre-owned Mercedes-Benz with Mercedes-Benz Financial Services and currently have an active account or had an active account within the last 90 days. Certain limitations apply. See in-store for full details. Dealer may sell for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz Vancouver Retail Group store for details or call the Mercedes-Benz Vancouver Customer Care at 1-855-586-4491. Offer ends April 30, 2016.